

Evaluation of Communication Skills

In this activity, you will be looking at how you communicate with the people in your life. You may decide to try out a different communication skill. If so, start with a supportive friend or family member. Ask for honest feedback about the changes you want to make.

1. On a scale of 1 to 10, how satisfied are you with your communication with your social network? (1 = not at all satisfied; 10 = completely satisfied)
 - a. If you answered with any number less than 10, what impact might a change (toward a 10) have on your health goals?
2. On a scale of 1 to 10, how satisfied are you with the quality of the communication with your close friends/family members/spouse?
 - a. If you want to improve this area of your relationships, what are some steps you would have to take?
 - b. What difference do you think it would make in terms of your overall health?
3. If you have relationships that are conflicted or that drain your energy what would be some communication strategies that would improve these relationships?
 - a. What would be some first steps you could take?
 - b. Who might assist you?
 - c. What will the impact be to your overall health if these relationships never change?
4. As you review the communication skills briefly discussed above, which one(s) strike you as an area you might want to improve on?
 - a. What would you have to do to make the improvements?
 - b. What impact do you think it would have for a particular relationship or your relationships in general?
 - c. How would this change your health goals?

Wheel of Health—Self-Care Job Aid

5. Think of practicing listening for at least 5–10 minutes the next time you find a convenient time to do so. Afterward, reflect on these questions:
 - a. How difficult or easy was it?
 - b. How successful were you?
 - c. What did you find getting in your way?
 - d. What do you think the impact was for the relationship?
 - e. What would be the payoff for continuing to practice the skill of listening?

6. Think of practicing the skill of inquiry for at least 5–10 minutes the next time you find a convenient time to do so. Afterward, reflect on these questions:
 - a. How difficult or easy was it?
 - b. How successful were you?
 - c. What did you find getting in your way?
 - d. What do you think the impact was for the relationship?
 - e. What would be the payoff for continuing to practice the skill of listening?

7. Notice your interactions with others over the next several days, and pay attention to who uses I-statements and who does not.
 - a. What impact does the use or non-use of I-statements have on you?
 - b. How does this experience affect how you want to use I-statements?